



DIGITAL CYBER SAFETY

LEARNING OBJECTIVES;

- Safety aspects of technology
- Tools and Resources for parents
- Current dangers or potential risks
- Image-based abuse
- Inappropriate content
- How to get help and report





**TAKE AWAY
JUST ONE
SLIDE
TONIGHT....**

Communication is the key

SAFETY ASPECTS OF TECHNOLOGY

WHAT DO WE KNOW ABOUT THE ONLINE ENVIRONMENT?

- Not much - Due to the internet/computing being a newer generational thing (We didn't grow up with it) its hard...
- Its forever changing, Remember as a parent CHANGE IS BAD...
- Never overreach – you may break it.
- Kids – Its like a second language.
- Kids embrace change.
- Kids – I wonder how far I can push this till it breaks? – Results
- Kids learn.

The online world will never not change! The only consistence is change.
New programs, apps, websites, platforms, trends.

FIVE SIMPLE TIPS FOR PARENTS.

- **Connect with your kids**
 - **Learn their technology**
 - **Get social**
 - **Reputation management**
 - **Stay calm**
- **Connect with your kids.**
 - Communication is the key
 - Away from the online world. Talk about their interests and hobbies. They need to know you are someone they can trust above all else.
 - **CSO use grooming to target kids**
 - **they need to fail.**

FIVE SIMPLE TIPS FOR PARENTS.

- **Connect with your kids**
 - **Learn their technology**
 - **Get social**
 - **Reputation management**
 - **Stay calm**
- **Learn their technology**
 - Kids love to teach. Allow them, ask questions. Listen and repeat.
 - What's cool and why?
 - Get an account.
 - I remember the first sleepover.
 - Know the parents
 - How long--Where will my child be
 - Is he safe
 - Do they hold similar values
 - SAME ONLINE

FIVE SIMPLE TIPS FOR PARENTS.

- **Connect with your kids**
 - **Learn their technology**
 - **Get social**
 - **Reputation management**
 - **Stay calm**
- Get Social.
 - Make some friends on their platforms – Learn their world – Learn the tricks
 - Monitor for your account
 - Ask to join your kids profile
 - If not a pet?

FIVE SIMPLE TIPS FOR PARENTS.

- **Connect with your kids**
 - **Learn their technology**
 - **Get social**
 - **Reputation management**
 - **Stay calm**
- **Reputation management**
 - I was taught respect as a child
 - I teach that value to my kids
 - The same goes online
 - Tell them its recorded
 - EVERYTHING ONLINE IS – FOREVER
 - MSN Billabong Beach chick(Now 28 years old)

STAY CALM

- Never Panic
 - Kids panic when you do.
- If they tell you something bad.
 - Address the behaviour, not the online aspect.
- Seek professional help.
- Keep the child informed of the process.
- (Tell appropriate involved persons)



Parent resources

Downloadable resources to help you start the chat about online safety issues and strategies with your child.

On this page:

- [Books](#)
- [Information sheets](#)
- [Videos](#)
- [Audio files](#)
- [Family tech agreements](#)
- [Activities](#)
- [COVID-19 advice](#)



GET ABUSE TAKEN DOWN...

Report it to eSafety

We provide a number of [reporting options](#), which can help you get abusive content removed or provide you with general advice and guidance. Our three main reporting areas include:

- [cyberbullying](#)
- [image-based abuse](#)
- [child sexual abuse material](#)

TOOLS AND RESOURCES FOR PARENTS...

- Australian Government website for Cyber Crime
- <https://www.cyber.gov.au/>

Visit our partners keeping Australia safe online



Scamwatch is run by the Australian Competition and Consumer Commission (ACCC). It gives consumers and small businesses information on how to recognise, avoid and report scams.



eSafety can help Australians experiencing online bullying or abuse to take action or make a complaint. They also provide a wide range of online safety programs, resources and training.



The OAIC investigates privacy breaches and handles data breach reports. It provides guidance and advice for business and consumers on how to protect personal information.












CURRENT DANGERS OR POTENTIAL RISKS

- Everywhere is dangerous
- Similar to asking which streets are safe from cars?

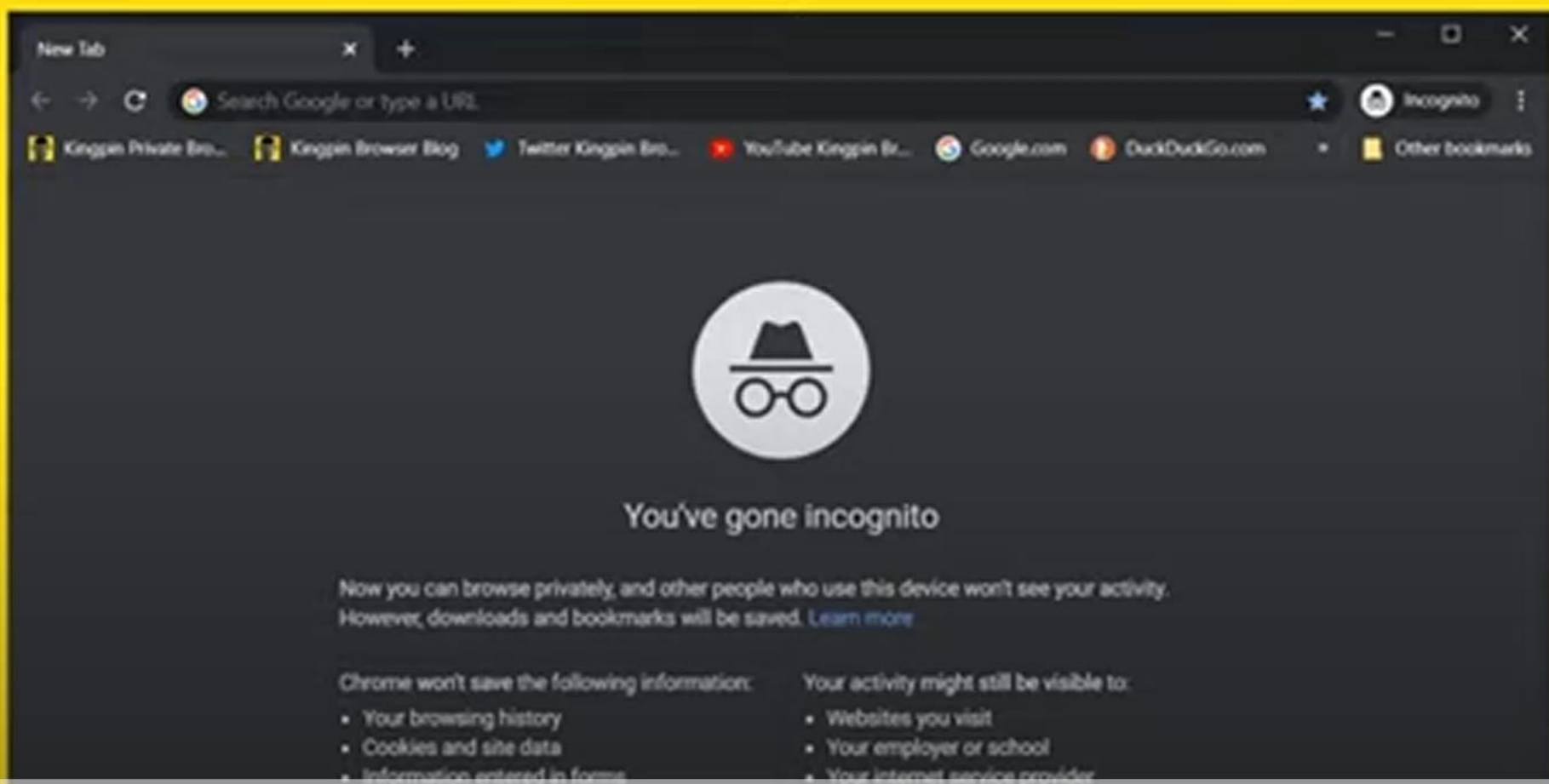


- KIK
- TikTok
- Anything with Geolocate data

Social Media Age Limits			
     			
13	16	17	18
Twitter, Facebook, Pinterest, Instagram, Snapchat, Flipagram	Musical.ly	Vine	(13 with parental permission)

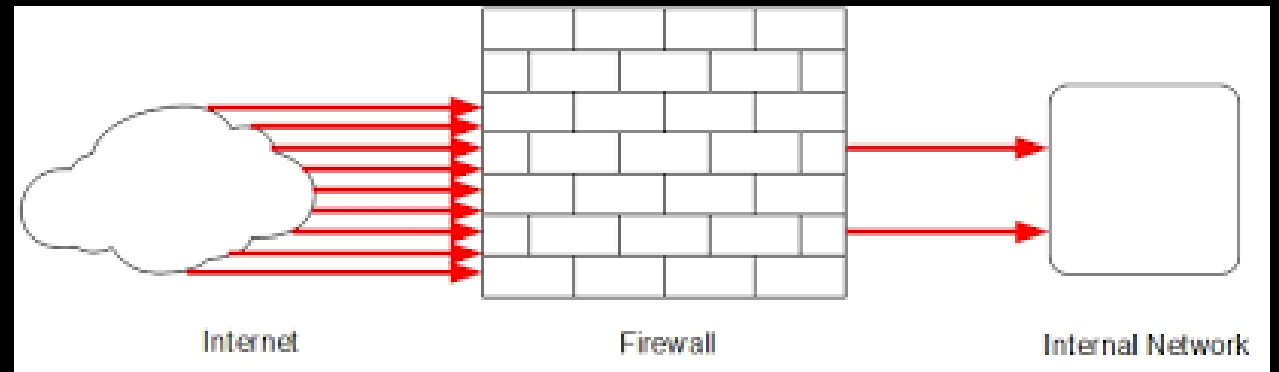


How to see incognito history & how to delete it permanently



HOTSPOTS...

- Both apple and android phones have the ability to create hotspots.
- The issues with this at school, is it goes around the schools firewall, and therefore the WHOLE internet is available (EG. Pornography)



IPHONE VS ANDROID

Follow these steps:

- .Go to Settings and tap Screen Time.
- .Tap Content & Privacy Restrictions and enter your Screen Time passcode.
- .Tap Content Restrictions, then tap Web Content.
- .Choose Unrestricted Access, Limit Adult Websites or Allowed Websites Only.



- Android also have parent controls. They differ depending on the company EG Samsung, Nokia, Google, etc.



MONITOR VS KEYSTROKE

- Top 10 Apps for Parents to Monitor Kids Phone Usage
- FamiSafe by Wondershare: The Most Reliable Parental Control App Available. ...
- Qustodio. ...
- Net Nanny Family Protect Pass. ...
- MamaBear. ...
- Screen Time. ...
- YouTube Kids. ...
- Bouncie. ...
- RespondASAP.
- KidsGuard
- Pro
- Highster
- Keylogger
- Elite
- Keylogger
- mSpy
- KidLogger
- iKeyMonitor
- Hoverwatch

IMAGED BASED ABUSE

- Indecent images of a child is a criminal offence
- Unsolicited shared indecent images of an adult is a criminal offence
- Can report to Esafety Commissioner

REPORT TO POLICE (BE GUIDED BY ARGOS)

Coping

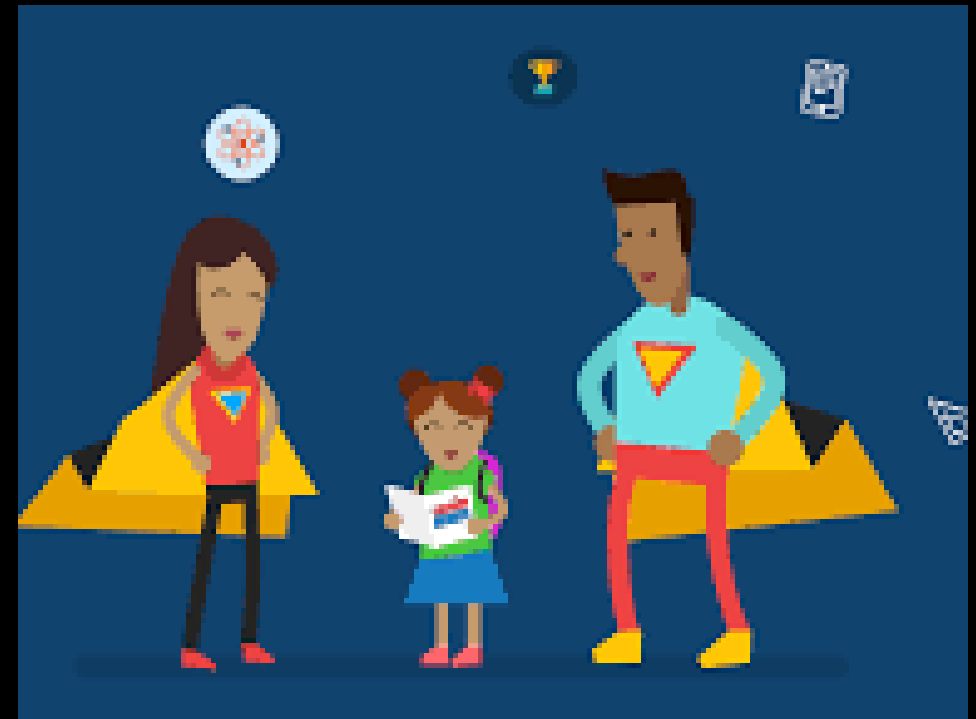
Everyone will react differently to CSAM exposure, and not all strategies for coping will work for everyone. Below are some suggestions of common ways to deal with your initial reactions to CSAM:

1. **Engage in positive activities:**
 - a. Connection to others: talking to friends, reaching out to see if a neighbor needs help
 - b. Movement: walking, yoga, swimming, dance, sports, playing with your child
 - c. Creative Expression: art, drama, music, gardening
 - d. Connection to self: meditation, mindfulness, reading, writing
2. **If the images are on your mind**, try actively replacing that image with something that is more soothing and positive – focus on images that bring you comfort.
3. **Be intentional about looking after yourself for several weeks after exposure.** Consider checking in with yourself daily to see if you notice a change in your day-to-day behavior, such as having trouble sleeping, disturbing and repeating nightmares, feeling easily agitated, or increased anxiety.
4. **Taking note of changes in your behavior allows you to best advocate for your wellbeing.** A trusted person who is close to you can also help you with identifying concerning changes to your behavior. If your reactions become troublesome, resources are available to help you. For more information on how to find mental health guidance and referrals, please go to the National Child Traumatic Stress Network (NCTSN) website: www.nctsn.org/about-us/contact-us/get-help-now. As this exposure has increased across the country, crisis hotlines are also available as a resource.

1. **Ask your child what happened.** Listen and remain calm while they try to explain. Hearing that your child was exposed may upset you, but it is important to not avoid the conversation.
2. **Pay attention** to how your response is affecting your child's response.
3. **Ask your child how they feel and be open to a range of responses.** Offer reassurance and comfort if your child shows signs of distress such as worry or fear. Avoid asking your child direct questions repeatedly.
4. **Explain to your child that these crimes are reported to officials** whose job it is to protect children, and this is the best way to help the child who is being hurt in the image. Tell your child there are people working to make sure all children are safe.
5. **Remind your child that they are safe** and will be safe moving forward.
6. **Pay attention to your child's behaviors and take notice of anything that seems different or concerning.** If you or your child continue to be worried and are struggling to feel better after the exposure, seek additional help. Visit www.nctsn.org/audiences/families-and-caregivers for assistance and more information.
7. **Be prepared that your child may want to talk about the images several days, weeks or months later.** Some children may want to have a conversation about what abuse and exploitation are and how they can be stopped. Use this time to discuss safety and remind your child of their personal safety rules, both online and offline. For resources about these topics visit www.missingkids.org/netsmartz
8. **Some children may be curious or confused, and these are normal responses.** Teaching your child about sexual health is important. For more information, please seek resources in your local community, and refer to the websites below:
 - a. **AMAZE** – information about everything from babies to gender to consent to relationships www.amaze.org
 - b. **Futures Without Violence** – resources about healthy relationships www.startstrong.futureswithoutviolence.org/ www.thatnotcool.com/
 - c. **Sex Positive Families** - education, resources, and support to raise sexually healthy children www.sexpositivefamilies.com/

IF YOUR CHILD HAS BEEN EXPOSED TO PORNOGRAPHY

- Communication is the key
- Identify what they have seen
- Explain differences Porn v Real life
- Think about a psychologist



FOR FURTHER INFORMATION (USE LINKS TO REPORT AND GATHER INFORMATION)

- Esfatey.gov.au
- Raisingchildren.net.au (6-8yrs)
- You tube Internet safety for kids
- Bravehearts.org.au
- Kidshelp.com.au
- Childrens.health.qld.gov.au
- Aifs.gov.au
- Coolaurtralia.org/safety
- Mindblank.org.au (Teenagers)



How people think they get hacked



How they really get hacked

<p>941802/B 1m · 1d</p> <p>If you had to marry your spouse where you met them, where would your wedding have been?</p> <p>1.2K · 1.2K Comments · 1.2K Shares</p>	<p>Up 99.3 1d · 1d</p> <p>You saw call me Queen Colleen Supreme! Your name: [redacted]</p> <p>Your porn name, is your middle name, and the first car you had.</p> <p>1.2K · 1.2K Comments · 1.2K Shares</p>	<p>How far away do you live from the place you were born?</p> <p>1.2K · 1.2K Comments · 1.2K Shares</p>
<p>The car you passed your drivers test in was a _____</p>	<p>Asking where you'd get married again is like asking where you met.</p> <p>A 'porn name' that exposes your middle name AND a street you grew up on are TWO pieces of info that people need.</p>	<p>NAME A SONG</p> 

